



International Migration Boosts U.S. Population Growth

mark.vitner@piedmontcrescentcapital.com

Chief Economist (704) 458-4000

The South Remains the Top Destination

- ▲ U.S. population grew by nearly 1.0% from 2023 and 2024, the fastest rate since 2001, reaching over 340 million residents.
- ▲ Net international migration accounted for 84% of the 3.3 million population increase, with a net gain of 2.8 million people.
- ▲ The South remains the fastest-growing region, contributing 54% of total national population gains.
- ▲ Texas had the largest numeric increase (+562,941), while the District of Columbia experienced the fastest growth rate (2.2%).
- ▲ Net state-to-state migration has slowed, reflecting fewer opportunities to capitalize on arbitraging high housing prices.
- ▲ Births outnumbered deaths nationwide by 519,000, though natural increase remains well below historical levels.
- ▲ Positive net international migration occurred in all states, with Florida, California, and Texas leading in gains.
- ▲ ***The latest state population data include a major revision to international migration. The updated data confirm immigration has been significantly stronger than previously reported, substantially increasing population totals in many states.***

The U.S. population grew nearly 1.0% between 2023 and 2024, marking the fastest annual growth rate since 2001. The nation's population surpassed 340 million residents, driven primarily by a resurgence in net international migration. A net increase of 2.8 million

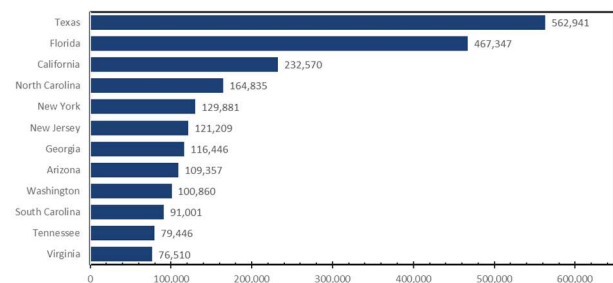
migrants accounted for 84% of 2024 total population growth of 3.3 million. The most recent data reflects improved integration of federal data sources and a more comprehensive understanding of migration.

Natural increase, or the difference between births and deaths, contributed 519,000 to population growth, an improvement from the historic low of 146,000 in 2021 but still below prior decades. The most recent data reflect a partial recovery from the Covid 19 Pandemic, as well as the impact ongoing economic challenges faced by American families.

The South remains the leader, adding 1.8 million residents last year and 6.2 million since 2020.

The South remains the leader, adding nearly 1.8 million residents between 2023 and 2024—a 1.4% increase. The region accounted for over half of the nation's total population gain, driven by net international migration (+1.1 million), domestic migration (+411,004), and natural increase (+218,567). Texas and Florida led the way, with population increases of 562,941 and 467,347, respectively, while the District of Columbia posted the fastest growth rate at 2.2%. Since 2020, the South has added 6.2 million residents, representing 72.5% of the nation's total population growth.

State Population Growth
July 1, 2023 to July 1, 2024



Source: Census Bureau



The West followed with a population increase of 688,000 (0.9%), driven by significant net international migration (+667,794) and natural increase (+187,986), offsetting a domestic migration loss of 170,000. California led numeric gains in the region, while Utah and Nevada recorded the highest growth rates.

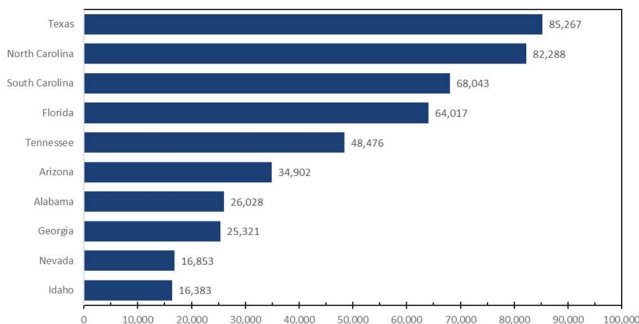
The Northeast added 435,000 residents (0.76%) as domestic outmigration slowed. Net international migration (+567,420) is the primary growth driver. The Midwest experienced modest growth of 410,000 residents (0.6%), with Illinois and Ohio leading the way.

Net domestic migration slowed significantly, reflecting a drop in affordability-driven moves.

Net domestic migration has slowed nationwide, likely due to narrowing housing price gaps between origin and destination states. Texas (+85,267), North Carolina (+82,288), and South Carolina (+68,043) saw the largest gains, while California (-239,575), New York (-120,917), and Illinois (-56,235) experienced the biggest losses in 2023-2024.

Florida’s net domestic migration has slowed sharply, with gains falling to 64,017 in 2024, down from 185,067 in 2023 and 314,467 in 2022. This decline reflects fewer people moving in and more residents leaving, driven by rising crowding, higher insurance costs, and declining affordability. Many who might have moved to Florida are now opting for the Carolinas, Tennessee, or Alabama.

Net Domestic Migration
Net Inflow from Other State July 1, 2023 to July 1, 2024



Source: Census Bureau

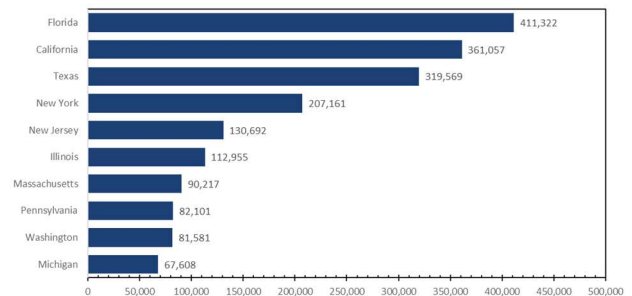
Net international migration was positive for all 50 states and the District of Columbia, with Florida (411,322), California (361,057), and Texas (319,569) seeing the largest gains.

While net international migration has long played a larger role in California and Texas, its growing importance in Florida is a more recent development, particularly outside of South Florida. The Sunshine State added 411,322 residents from other countries and Puerto Rico, which is categorized as international migration. Florida has become the top destination for Puerto Ricans relocating to the continental U.S. Since 2020, international migration has brought 1.05 million new residents to Florida, making up 59.4% of its population growth, primarily from Latin America.

Net international migration has been much stronger than previously reported.

Nationally, international migration has accounted for 84% of population growth since 2020. The latest Census data significantly increase net international migration estimates for the two previous years, with 2022 growth now 69.5% higher and 2023 net international migration 101.7% higher than previously reported. The influx has boosted populations in California, Texas, and many states in the Northeast and Midwest, which otherwise would have lost population.

Net International Migration
Net Inflows from Other Countries, July 1, 2023 to July 1, 2024



Source: Bureau of Labor Statistics

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